
Tips for You from Youth in Foster Care about CFTM's:

It is OK for you to take a break if the meeting is overwhelming.

It is OK to ask questions if you don't understand what is going on.

Ask that your progress and achievements be recognized in the CFTM setting.

Ask to meet all members of the team, including the permanency and adoption specialist.

Youth in foster care should be empowered to have a major role in making decisions about their lives.

Ask for the "Guide for Teens in Foster Care" to learn important things you should be able to expect, like:

- You can voice your opinion and be empowered.
- You should be treated equally and with respect.
- You should be accepted and not rejected.
- You can more likely fulfill your potential through having a voice at CFTM.



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For concerns or assistance:

844-887-7277

or contact the DCS Customer Relations Unit

1-800-861-1935

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The Child and Family Team Meeting Process

What Youth Should Know about the
Child and Family
Team Meeting



No Decision About Me, Without Me

You are an integral part of this process, and what you say is important.

You have the right to take an ownership role in Child and Family Team Meetings.

You have the right to be notified timely for a CFT Meeting — at least 7 to 10 days prior.

You also have the right to invite up to two people of your choosing to the meeting. They can be a coach, mentor, or friend. Family members and other caregivers also will be part of your team, if appropriate.

You should be provided with the purpose and agenda of the meeting and receive an explanation about the process, as well as receive an explanation about anything you don't understand.

Remember: No decision about you should be made without your input.

You should be part of every meeting and have a real voice in each of them.

You have every right to share what you are feeling, what you would like to happen.

Types of Child and Family Team Meetings

Initial

This meeting happens either before, or after, you come into care. Be sure to review "A Guide for Teens in Foster Care" on the DCS website to understand your rights.

Permanency Planning

The meeting where the permanency plan is developed. You have the right to participate and ask for what you need and want.

Revised Permanency Plan

Your permanency plan may need to be revised. Changes may include goal changes, action step changes or time frame changes.

Quarterly Permanency Plan Review

Similar to the Revised Permanency Plan CFTM. However, at this meeting you may not change anything on the plan. This meeting is to look at the progress made or identify areas for change.

Placement Stability

Before you change a placement (unless in emergencies), you have the right to a CFTM. Plus, it is a required DCS meeting.



This is your life. Tell your DCS staff, foster parents, advocates and mentors what you need and want. Help the adults in your life help you succeed.

Discharge/Exit Custody

This meeting is to make sure everything is in place and you have what you need in order to be successful back at home or in the community.

Special Called

This meeting addresses specific concerns raised by you or your family that need to be addressed by the team.

Transition Planning

When you turn 17, a transition planning meeting addresses what you need to know as you move toward adulthood.

Initial Extension of Foster Care

If you participate in the Extension of Foster Care Services, this meeting happens within 30 days of your turning 18 and/or are released from state custody.

Extension of Foster Care Progress Review

When you are receiving Extension of Foster Care Services, you and your worker and Team get together every six months to check in.

Discharge/Exit Extension of Foster Care

This meeting allows you to plan for your future after Extension of Foster Care Services ends.